

Superfood Beet Burger

Ingredients:

- 1.5 cups cooked French green lentils
- 1 cup cooked quinoa
- 1 cup cooked brown rice
- 1 cup oat flour (made from gluten-free oats)
- 6 green onions, diced
- 3 beets, peeled and shredded (approximately 2.5 cups)
- 10 ounces goat cheese
- 4 eggs
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup gluten-free (or whole wheat) panko bread crumbs



Preparation:

1. Start by preheating the oven to 350°F.
2. In a large bowl, combine cooked brown rice, quinoa, and lentils.
3. Stir them together and then add in the green onions, garlic, and shredded beets.
4. Stir to combine and then add the oat flour, salt & pepper, and Italian seasoning and continue stirring until mixed well.
5. Lastly, add in the eggs, olive oil, and goat cheese and stir until well combined.
6. Take handfuls of the mixture and form patties, roughly 3 inches in diameter. Pour panko breadcrumbs in a small bowl and roll each cake in the breadcrumbs until covered on both sides.
7. Place cakes on a cookie sheet lined with parchment paper and bake in the preheated oven for 13 minutes on each side.